



# COVID-19 UPDATE

MARCH 5, 2020

## Updated Recommendations for Individuals

The County of Santa Clara Public Health Department is taking proactive steps to protect the health of our community. Public Health is making these recommendations in consultation with Centers for Disease Control and Prevention (CDC) and is based on the best information we have at this time. These recommendations are effective immediately and may be updated upon further evaluation and public health need.

### GENERAL PRECAUTIONS

- Avoid large gatherings where several people are within arms-length of you
- Talk to your employer about telecommuting options, telephone conferences and staggering work start and end times
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong
- Stay away from people who are ill, especially if you are at higher risk for serious illness
- If you are sick, stay home and limit close contact with other individuals. Contact your health care provider if you need medical attention
- Even if you are not ill, avoid visiting hospitals, long-term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities, limit your time there and keep six feet away from patients
- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first

### ENHANCED HYGIENE

Practice increased hygiene measures that include:

- Wash your hands often with soap and water for at least 20 seconds
- Alcohol-based hand sanitizer can be used in a pinch if soap and water are not available
- Avoid close contact with other people
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue

### REGULAR CLEANING

Exposure is thought to mostly occur through respiratory droplets but surfaces can still transfer the virus from person to person. Frequently touched surfaces should be regularly cleaned. Doorknobs, tabletops, counters, phones, keyboards and fixtures should be disinfected several times throughout the day.

### STAY INFORMED

**Information is changing frequently.**  
Check and subscribe to Public Health's website and social media pages:

**Website:** <http://sccphd.org/coronavirus>  
**Facebook:** <https://www.facebook.com/sccpublichealth/>  
**Instagram:** @scc\_publichealth  
**Twitter:** @HealthySCC

